



Ministry of Health's Approach to long COVID

Presented to the Goodfellow
Long COVID webinar, 7 April 2022

Te Kāwanatanga o Aotearoa
New Zealand Government



Unite
against
COVID-19

COVID-19

Long COVID Programme principles

- giving effect to our obligations under Te Tiriti o Waitangi, including considering the interests and needs of Māori
- ensuring equity, which involves inclusiveness for all communities, particularly those most affected by COVID outbreaks i.e Māori and Pacific
- ensuring equity of access to services and outcomes
- ensuring services are effective, timely and reflects best-practice as the evidence emerges
- ensuring services are patient centred, including patient self-management and digital enablement to support patients with long COVID

COVID-19

Long COVID

For discussion only. Not Government policy.
Not for further dissemination

Long COVID is managed like other long-term conditions:



Most people with COVID-19 have symptoms lasting up to 4 weeks. Ongoing symptoms continue for 4-12 weeks and Long Covid (post COVID syndrome) over 12 weeks.

Long COVID symptoms are investigated, treated, and funded in the same way as other long-term conditions.

Four workstreams looking at Long COVID:



Toolkits

Monitor DHBs and rehabilitation providers delivering services for Long COVID to develop a change package for others to use.



Evidence

Monitor emerging evidence to update and inform clinical pathways for identifying and managing Long COVID



Advisory group

Establish an expert advisory group to provide guidance and input into the Long COVID rehabilitation guideline, with broad representation from Māori, Pacific peoples, researchers, clinicians, service providers and people with lived experience.



Further research

Identify research gaps that are particular to Aotearoa New Zealand and how they might be addressed.

Managing the long-term health effects of COVID-19

Long COVID-19 approach	
“Learning by doing”	“Learning by looking”
DHBs sharing their experience of long COVID service establishment A national community of practice to improve clinical understanding and practical guidance Collating lessons learnt and distilling key principles Equitable model of care design Data collection	Emerging evidence and continual literature reviews Horizon scanning Overseas health system approach, service establishment and development Appropriate clinical coding and performance improvement measures
A long COVID-19 Expert Advisory Group to provide oversight; with broad representation from Māori, Pacifica, researchers (i.e Ngā kawekawe o mate Korona) consumers, clinicians, and service providers.	
Dissemination of emerging models of care, clinical practice, patient self-management and digital enablement to support patients with long COVID-19 in a New Zealand context.	